

Calorie/Pulse Monitor

63-1122

OWNER'S MANUAL — Please read before using this equipment.

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! IMPORTANT !

If an icon appears at the end of a paragraph, go to the box on that page with the corresponding icon for pertinent information.

⚠ — Warning

⚠ — Caution

⚠ — Note

! — Important

! — Hint

! IMPORTANT !

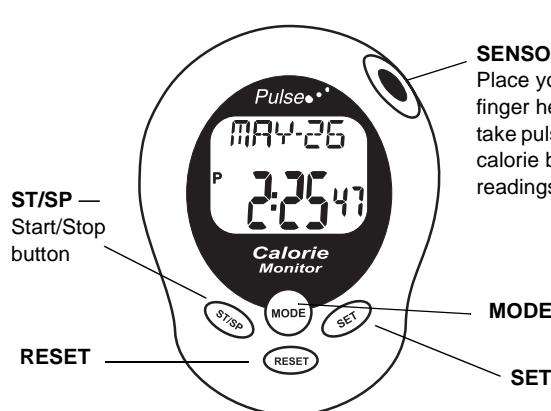
This monitor is meant to be used as a general guide only. This is not a medical device. It has been designed to calculate the calories burned and pulse rate of an average individual based on preset age, weight, and sex. Please consult your doctor before beginning any exercise program.

The following factors may make it difficult or even impossible to achieve good readings with this monitor.

• **Severe arrhythmia** — Pulse waves are unstable, so the sensor cannot detect them properly.

• **Arteriosclerosis or other circulatory problems** — Circulation at the fingertips is bad, so the sensor cannot detect pulse waves.

Thick fingertip skin — Thick skin impedes passage of light through the fingertip. This makes it hard for the sensor to take readings



Thank you for purchasing the RadioShack Calorie/Pulse Monitor. The monitor combines the convenient features of a digital watch, alarm clock, stopwatch, calorie burnt meter, and pulse monitor into one easy to read, portable product!

SETTING THE TIME/DATE

1. Repeatedly press **MODE** until time and calendar appear on the display.
2. Hold down **SET** until **YEAR** appears and **2000** flashes.
3. Repeatedly press or hold down **ST/SP** to advance through the years.
4. Press **SET**. **MONTH** appears and the month digits flash.
5. Repeatedly press or hold down **ST/SP** to select the desired month.
6. Press **SET**. **DAY** appears and the day digits flash.
7. Repeatedly press or hold down **ST/SP** to select the desired date from **1** to **31**.
8. Press **SET**. **HOUR** appears and the hour digits flash.
9. Repeatedly press or hold down **ST/SP** to select the desired hour. **P** appears for a PM hour.
10. Press **SET**. **MIN** appears and the minute digits flash.
11. Repeatedly press or hold down **ST/SP** to select the desired minute.
12. Press **SET**. **BIRTH** appears and the year digits flash.
13. Repeatedly press or hold down **ST/SP** to select the desired year (from **1920** to **2010**).
14. Press **SET**. The month digits flash.
15. Repeatedly press or hold down **ST/SP** to select the desired month.
16. Press **SET**. The day digits flash.

17. Repeatedly press or hold down **ST/SP** to select the desired date.
18. Press **SET**. **SEX** appears and the **F** or **M** flashes.
19. Press **ST/SP** to select **F** or **M**.
20. Press **SET**. **WEIGH** and **POUND** appear alternately and the number flashes.
21. Press **ST/SP** to advance and select a value between **50** and **600**.
Press **RESET** to toggle between **POUND** and **KG**.
22. Press **SET** to confirm the setting and return to time and calendar display.

SETTING THE ALARM

1. Repeatedly press **MODE** until **ALARM**, **⌚**, and the current alarm time appear.
2. Hold down **SET** until a beep tone sounds and the hour digits flash.
3. Repeatedly press or hold down **ST/SP** to set the desired hour.
4. Press **SET**. The minute digits flash.
5. Repeatedly press or hold down **ST/SP** to set the desired minutes.
6. Press **SET** to confirm the setting and return to time and calendar display.

To turn the alarm on or off, press **ST/SP** in Alarm mode. **⌚** appears when the alarm is turned on.

To turn on the hourly chime function, press **RESET** in Alarm mode. **⌚** appears when the hourly chime is turned on.

When the hourly chime is turned on, the monitor sounds two beeps at the beginning of each hour.



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CHRONOGRAPH MODE

1. Repeatedly press **MODE** until **CHRON** and **⌚** appear.
2. Press **RESET** to reset the counter to **00:00:00**.
If you do not reset the counter, the stopwatch continues timing from the last reading.
3. Press **ST/SP** to start timing. **⌚** flashes on the display. **⌚**
4. To stop timing, press **ST/SP**.

NOTE

Chronograph Mode

The initial counting method in the chronograph is MIN: SEC: 00/100 of seconds. After one hour of counting, the counting method is changed to HR: MIN: SEC.

Exercising At Varying Rates

You can press **MODE** and leave the Exercise Mode to take your pulse or check the time. When you return to Exercise Mode, the counter will have kept track of your total exercise time.

Pulse Mode

If **RETRY** appears, start again from step 2.

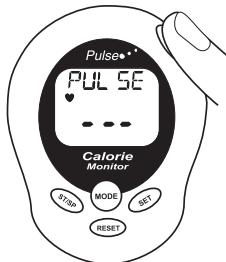
SPLIT TIME

The monitor is equipped with a split function, so you can keep track of individual or accumulated times.

1. While in the chronograph mode and the time is running, press **RESET** to check the accumulated time at that instant. **⌚** flashes to indicate the timer is still running.
If you press **ST/SP**, the timer stops and the total accumulated time appears.
2. Press **RESET** again to return to the actively running view.

PULSE MODE

1. Repeatedly press **MODE** until **PULSE** and **❤️** appear.
2. Hold down **SET** for two seconds until you hear a beep and **TOUCH SENSOR** flash on the display.
3. Lightly touch the pad of your fingertip to the sensor and hold until pulse readout appears. **💡**



HINT

- Before taking a measurement, warm up your finger and remove rings or any other items that might restrict normal blood flow.
- Once you have released **SET** to begin measurement, place your finger on the sensor as soon as possible.
- Place your finger so that the sensor is covered by your fingerprint, not the fingertip.
- If your fingernail turns white, you are pressing too hard. Try pressing down gently with your finger first, and then make adjustments until **TOUCH SENSOR** changes to **PULSE** and **❤️** flashes. Then, it demonstrates that your pulse is being registered.
- Avoid bright light when taking measurements.
- During measurements, keep still and do not talk.
- Do not move your finger or change your finger's pressure on the sensor.

CALCULATING HEART RATE/CALORIES BURNED

EXERCISING AT A CONSTANT RATE

Use this function to measure your calories burned if you plan to exercise at a constant pace for an entire workout (such as a constant setting on a treadmill or exercise bike).

1. Repeatedly press **MODE** until **EXRCS** appear on the display.

2. Press **RESET** to reset the counter to **00:00:00**.

If you do not reset the counter, the monitor continues timing from the last reading.

3. Press **ST/SP** to begin the timer and begin exercising.
4. When you finish exercising, press **ST/SP** again to stop the counter.
5. Press **SET**. **❤️** appears.
6. Hold down **SET** until you hear a beep and **TOUCH SENSOR** flashes.
7. Place your finger lightly on the sensor until **TOUCH SENSOR** changes to **PULSE** and **❤️** flashes.

After five seconds, a number and **CR** appear. This is how many calories you have burned during your workout based on your age, weight, sex, and how long, and how hard you worked out. A set of bars appears to indicate the heart rate zone you exercised in (one bar being the lowest zone and five bars being the highest zone).

EXERCISING AT VARYING RATES

Use this feature to measure your calories burned if you plan to exercise at different intensities while working out, or if you are having difficulty getting the sensor to register your heart rate, please use this function to measure your calories burned. (See "Heart Rate Zones" on Page 3 to determine your correct activity zone if you would like to determine calories burned manually.) **💡**

1. Press **MODE** until **EXRCS** appear.
2. Press **ST/SP** to begin the timer and begin exercising.
3. When the monitor is in Exercise mode and you finish exercising, press **ST/SP** to stop the counter. **⌚**
4. Press **SET**. **❤️** appears.
5. Press **SET** again. One small bar appears and **❤️** disappears. If you performed an exercise that falls in Heart Rate Zone 1, hold down **SET** again (see "Heart Rate Zones" on Page 3). After two seconds, the number of calories you burned appears.

If you exercised more strenuously, continue pressing **SET** until the number of bars that represents your heart rate level appear.

6. When the number of bars that appears on the screen (between one and five) equals your heart rate level, hold down **SET** for 2 seconds. The number of calories burned appears along with the corresponding number of bars.

TAKING MEASUREMENTS DURING EXERCISE

Your pulse rate drops almost as soon as you stop exercising. This means that the sooner you can take your first measurement, the closer the measured value will be to your exercise heart rate and the more accurate the calorie calculation will be.

HEART RATE ZONES

These zones are meant to help average individuals with average health determine what activities will raise their heart rate to a particular level. People who exercise frequently might need to perform much more strenuous activities to raise their heart rate to the same level. Consult a physician if you have any questions regarding your specific zone or before increasing your level of activity.

ZONE 1

RELAXED ACTIVITY: Less than 90 bpm.

Examples of activities in this range include yoga, archery, curling, shuffle board, hang gliding, Tai Chi, bowling, slow dancing and billiards.

This is the safest, most comfortable zone. Here you are performing activities that generally do not require you to over exert yourself. You get healthier in this zone, but not more fit. It will not increase your endurance or strength but it will increase your health.

If you are out of shape, have heart problems, or simply want to safeguard your heart without working too hard, spend most of your training time here. It's also the zone for warming up and cooling down before and after more vigorous zones. If your resting heart rate is above 90 bpm, please consult your physician for an appropriate exercise routine.

ZONE 2

LIGHT ACTIVITY: 91 thru 120 bpm

Examples of activities in this range include volleyball, swimming, skiing, skateboarding, hiking, low-level aerobics, calisthenics, ballroom dancing, fencing, stair stepping, badminton, kayaking, softball/baseball, stretching, light weight lifting, mowing the lawn, water skiing, golf, shooting baskets, playing catch and water aerobics.

This level is easily reached by jogging slowly. While still a relatively low level of effort, this zone starts training your body to increase the rate of fat released from the cells to the muscles for fuel. Some people call this the "fat burning zone" because up to 85% of the total calories burned in this zone are fat calories.

Fit and unfit people burn fat differently. The more fit you are, the more effectively you

use fat to maintain a healthy weight. On the other hand, perhaps you have been exercising vigorously, but not losing the weight you expected. You may have been working too hard and need to drop back to this zone and exercise longer. To burn more total calories in this zone you'll need to exercise longer.

ZONE 3

MODERATE ACTIVITY: 121 thru 140 bpm

Examples of activities in this range include football, hockey, ice skating, mountain biking, ski machine, elliptical trainer, rowing machine, basketball, cycling up to 14 mph, boxing, rock climbing, running 5.5 mph, tennis and vigorous weight lifting.

In this zone you improve your functional capacity. The number and size of your blood vessels increase so you can exercise longer before becoming fatigued. You are metabolizing fats and carbohydrates at about a 50/50 ratio, which means both are burning at the same rate.

ZONE 4

HIGH ACTIVITY: 141 thru 160 bpm

Examples of activities in this range include handball, racquetball, step aerobics, jumping rope, running 6.6 mph, swimming laps, soccer, cycling 14 mph, water polo, in-line skating, ultimate Frisbee, ice hockey, karate, and circuit training.

You reach this zone by working harder. Here you increase your heart rate to the point where your heart cannot pump enough blood and oxygen to supply the exercising muscles fully, so they respond by continuing to contract anaerobically.

This is where you "feel the burn." You can stay in this zone for a limited amount of time, usually not more than an hour, because the muscle just cannot continue working anaerobically (deprived of sufficient oxygen) without fatiguing. The working muscles protect themselves from overwork by not being able to maintain the intensity level.

ZONE 5

EXTREME ACTIVITY: More than 160 bpm

Examples of activities in this range include running 10 mph or faster, cycling 14 – 20 mph and competitive sports. This is the equivalent of running all out and is used mostly as an "interval" training regimen – exertion done only in short to intermediate length bursts. Even world-class athletes can stay in this zone for only a few minutes at a time. It is not a zone most people will select for exercise since working out here is uncomfortable and there is increased potential for injury.

CARRYING THE MONITOR

Your Calorie/Pulse Monitor includes a clothing clip and a neck strap to make carrying the monitor easy and convenient, especially during exercise.

To attach the clothing clip or neck strap, align the divided flange on the clip with the slot on the back of the monitor, and carefully push up until it snaps into place.

To detach the clothing clip or neck strap, push the clip down until it snaps loose.

⚠️ WARNING ⚠️

- Dispose of old batteries promptly and properly. Do not burn or bury them.
- Keep button-cell batteries away from children. Swallowing a button-cell battery can be fatal.

⚠️ CAUTION ⚠️

- Use only a fresh battery of the required size and recommended type.
- If you do not plan to use the monitor for a month or more, remove the battery. Batteries can leak chemicals that can destroy electronic parts.

Limited One-Year Warranty

This product is warranted by RadioShack against manufacturing defects in material and workmanship under normal use for one (1) year from the date of purchase from RadioShack company-owned stores and authorized RadioShack franchisees and dealers. EXCEPT AS PROVIDED HEREIN, RadioShack MAKES NO EXPRESS WARRANTIES AND ANY IMPLIED WARRANTIES, INCLUDING THOSE OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO THE DURATION OF THE WRITTEN LIMITED WARRANTIES CONTAINED HEREIN. EXCEPT AS PROVIDED HEREIN, RadioShack SHALL HAVE NO LIABILITY OR RESPONSIBILITY TO CUSTOMER OR ANY OTHER PERSON OR ENTITY WITH RESPECT TO ANY LIABILITY, LOSS OR DAMAGE CAUSED DIRECTLY OR INDIRECTLY BY USE OR PERFORMANCE OF THE PRODUCT OR ARISING OUT OF ANY BREACH OF THIS WARRANTY, INCLUDING, BUT NOT LIMITED TO, ANY DAMAGES RESULTING FROM INCONVENIENCE, LOSS OF TIME, DATA, PROPERTY, REVENUE, OR PROFIT OR ANY INDIRECT, SPECIAL, INCIDENTAL, OR CONSEQUENTIAL DAMAGES, EVEN IF RadioShack HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

In the event of a product defect during the warranty period, take the product and the RadioShack sales receipt as proof of purchase date to any RadioShack store. RadioShack will, at its option, unless otherwise provided by law: (a) correct the defect by product repair without charge for parts and labor; (b) replace the product with one of the same or similar design; or (c) refund the purchase price. All replaced parts and products, and products on which a refund is made, become the property of RadioShack. New or reconditioned parts and products may be used in the performance of warranty service. Repaired or replaced parts and products are warranted for the remainder of the original warranty period. You will be charged for repair or replacement of the product made after the expiration of the warranty period.

This warranty does not cover: (a) damage or failure caused by or attributable to acts of God, abuse, accident, misuse, improper or abnormal usage, failure to follow instructions, improper installation or maintenance, alteration, lightning or other incidence of excess voltage or current; (b) any repairs other than those provided by a RadioShack Authorized Service Facility; (c) consumables such as fuses or batteries; (d) cosmetic damage; (e) transportation, shipping or insurance costs; or (f) costs of product removal, installation, set-up service adjustment or reinstallation.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

RadioShack Customer Relations, 200 Taylor Street, 6th Floor, Fort Worth, TX 76102

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REPLACING THE BATTERY

Your Calorie/Pulse Monitor comes with one CR 2032 button-cell battery (installed) for power. Before you can use the monitor, you must remove the battery insulation strip. Grasp the insulation strip and pull it out of the battery compartment.

When the display dims or the monitor stops operating properly, replace the battery. ⚡

All settings are lost when the battery is removed.

1. Remove the clothing clip or neck strap, if necessary.
2. Use a coin to turn the battery compartment door in the direction of the arrow, then remove the door.
3. Place the battery in the compartment with the positive side up.
4. Replace the battery compartment door.

CARE

Keep the monitor dry; if it gets wet, wipe it dry immediately. Use and store the monitor only in normal temperature environments. Handle the monitor carefully; do not drop it. Keep the monitor away from dust and dirt, and wipe it with a damp cloth occasionally to keep it looking new.

SERVICE AND REPAIR

If your monitor is not performing as it should, take it to your local RadioShack store for assistance. Modifying or tampering with the monitor's internal components can cause a malfunction and might invalidate its warranty.